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Threats force UN envoy to flee Crimea

Envoy not kidnapped as previously reported PAGE 6

Bank robber makes off with digital money

No one was hurt. But Alberta's Flexcoin really is hooped PAGE 9

THE STASH PROJECT: DAY 2

IN WHICH WE LEARN THAT A CAT CAN HAZ WEB FAME — BUT IT TAKES A LOT OF WORK PAGE 8

NO KESSING HIM GOODBYE YET

Canucks forward Ryan Kesler will remain in team colours for the rest of the season. After making a big splash by trading star goaltender Roberto Luongo on Tuesday, the Canucks were fairly silent at Wednesday's trade deadline, sending depth defenceman Raphael Diaz to New York. Story, page 28.

CHRISTIAN PETERSEN/GETTY IMAGES FILE

Vancouver gives Hillary Clinton a warm welcome

Women's Leadership Circle. Record crowd exceeds those that have turned out for past Board of Trade events featuring Bill Clinton

Canada and the U.S. have a good relationship — "except for hockey" — and should cooperate on climate-change initiatives, Hillary Clinton told a Vancouver crowd in a speech that resulted in two standing ovations on Wednesday night.

Clinton made the comments in an address and interview with former New Brunswick premier Frank McKenna at a Vancouver Board of Trade event held by its Women's Leadership Circle.

Her star power as a former secretary of state and potential 2016 presidential candidate drew a well-heeled crowd — most in high heels, with women making up the majority of the 2,800-person audience — for the largest event in the Board of Trade's 127-year history. Tickets started at $150.

When McKenna asked whether the U.S. would consider forming a group with Canada to work on climate-change initiatives and targets so neither country's economy is hurt, she responded she would "personally convey" the idea to leaders in Washington.

But Clinton wouldn't comment on the Keystone pipeline, saying it would be inappropriate as she helped put the review process in place.

It was the only awkward moment — the audience bristled when McKenna said Canada was "hurt" Keystone hadn't yet been approved — in an impeccably delivered speech that Clinton didn't appear to read.

Clinton also advocated for a north-south energy strategy, slammed the lack of compromise in American politics and said she doesn't want to see Russia stay in Crimea, though it will be difficult to find a solution.

"I don't want to see happen to Ukraine what happened to Georgia," she said.

Clinton provided more than enough fodder for those speculating she'll run for president.

In her speech about advancing the rights of women and girls, she mentioned female presidents around the world as "inspiring" leaders.

Achieving equality for women is "the great unfinished business of the 21st century," she said, adding all women need is an opportunity to make peace or participate in the economy to improve a country's situation. EMILY JACKSON/METRO

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NEWS 1

Tung Sheng Wu

Rogue dentist pleads guilty to tax evasion

Apparently getting an illegal dentist to pay taxes is harder than pulling teeth.

The Canada Revenue Agency announced Wednesday it has finally collected taxes from Tung Sheng Wu, who illegally practiced dentistry from his Burnaby home for years before the College of Dental Surgeons of B.C. shut him down in May.

Wu, who turned himself in to Toronto police in November after months on the run, pleaded guilty to tax evasion and must pay fines of $33,000. Wu earned $237,600 from his practice between 2009 and 2012, according to the CRA. EMILY JACKSON/METRO

Beauty for all

Residents sue over mountain views

Vancouverites are so obsessed with our mountain views that one group of residents is taking the city to court to protect them.

The Residents Association Mount Pleasant alleges the city narrowed two view cones without public notice or council debate, according to a lawsuit filed Tuesday.

With the bylaw changes, developers could build towers up to 100 feet taller in East False Creek near Science World and in the West End near the Burrard Bridge, the association says.

The court should restore the original view cones, the suit demands, as towers in the protected areas could destroy the view for people who can't afford prime real estate. EMILY JACKSON/METRO

Chandelier to bring some class to underpass

A four-by-six-metre spinning chandelier designed by Abbotsford-born artist Rodney Graham will be installed under the Granville Street Bridge in the next few years as part of the Vancouver House development. It will be made of faux crystal and modelled after an 18th century candelabra. The chandelier will hang in the "cathedral-like" space under the northern viaduct, directly over Beach Avenue. While the chandelier itself won't be brought to life for a good while, renderings and concept drawings will be on display as part of the Gesamtkunstwerk exhibit opening March 22. CONTRIBUTED

Groups seek independent oversight for the CBSA

In wake of death. Aggrieved refugees said to be coming forward following coverage

MATT KIELTYKA
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The death of Lucia Vega Jimenez in the custody of the Canada Border Services Agency (CBSA) is sparking more allegations of mistreatment and highlighting the need for oversight, the B.C. Civil Liberties Association (BCCLA) says.

Josh Paterson, executive director of the BCCLA, wrote to Public Safety Minister Steven Blaney on Wednesday for "an independent complaint and review agency" for the CBSA.

"We already do this for every other police force in the country," Paterson told Metro.

Since news of Jimenez's death broke in December, Paterson says once-fearful refugees who feel their rights have been violated by the border agency have been contacting the BCCLA and refugee lawyers to air their own grievances.

"We've been getting many inquiries from people, telling us about their interaction with the CBSA," said Paterson. "The fact people are coming to small organizations like us highlights the need for an independent body that people can go to. That place shouldn't be a community organization."

Inquest

The B.C. Coroners Services announced it would hold an inquest, but advocates have demanded more answers from the federal government and the CBSA, who have remained relatively quiet.

The only recourse people have against the CBSA is to lodge a complaint to the agency itself.

Not only is that no longer the common practice for police agencies across Canada, Paterson said past experiences and traumas make refugees fearful of complaining to government organizations.

Jimenez died on Dec. 28, eight days after attempting suicide while under CBSA custody in a holding cell at the Vancouver International Airport.

It took another month for the public to learn of the death.

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Funding shortage. Community college ESL teachers expect layoffs

Teachers will lose their jobs due to a funding shortage for Vancouver Community College's ESL program, the faculty union announced Wednesday.

Even though the program has waiting lists and full classes, VCC's faculty association fears 15 to 25 jobs will be lost by the end of March due to federal government changes to ESL training, chief steward Frank Cosco said.

"People are tremendously worried and concerned," Cosco said, noting there are about 120 full-time ESL teachers at VCC. "A year from now, we might be talking about the end of the whole program completely."

Instead of training new immigrants to speak English at colleges, the government will directly administer programs through community services.

The province has already provided one-time funding of $4.67 million so VCC can keep running ESL classes past April 1, but the faculty association believes it should fill the funding gap to maintain the busy program. It needs about $3.3 million extra.

EMILY JACKSON/METRO

Buyouts

VCC confirmed in an emailed statement it has offered faculty buyouts in light of the changes, but doesn't know what the full impact will be. VCC also hopes the province will fork over more cash.

Marijuana. No changes to enforcement of law: VPD

With new federal regulations cracking down on exactly who can grow medical marijuana taking place April 1, the VPD says it won't change how they enforce the law.

"The new laws that are coming into play April 1 have nothing to do with the sale of medical marijuana," said Const. Brian Montague. "It has to do with the growing of medical marijuana. So many of the current growers will no longer be allowed to do that. That's where the law is changing."

As far as the roughly 30 medical marijuana dispensaries that exist in Vancouver go, they are still illegal, but in the VPD's view they're not high on the priority list.

"While there's a tolerance to some degree of the dispensaries, the tolerance only goes so far," Montague said.

But it's a gamble many dispensaries are willing to take, and for the wellbeing of the public, according to director of the Vancouver Dispensary Society Dana Larsen.

SAM SMITH/FOR METRO

Compassion clubs

"Health Canada has never licensed organizations such as 'compassion clubs' to possess, produce or distribute marihuana (sic) for medical purposes."

Health Canada, in a statement to Metro

The Pattullo Bridge connecting New Westminster and Surrey. CONTRIBUTED

New West calling for 4-lane bridge

Pattullo. Tolled bridge would replace aging infrastructure, reduce traffic congestion

KAYLA ISOMURA
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New Westminster wants to replace the 77-year-old Pattullo Bridge with a new, four-lane tolled bridge to reduce traffic congestion. But Surrey remains firm that it wants a six-lane bridge instead.

New West Mayor Wayne Wright announced Wednesday morning that the four-lane option would be the best choice for the current state of traffic, which has increased by 6,000 trips per day and resulted in a 75 per cent increase in truck traffic on Royal Avenue since the opening of the new tolled Port Mann Bridge in 2012.

Matt Lorenzi, president of the Brow of the Hill Residents' Association in New West, said traffic, particularly trucks, has increased since tolls were added to Port Mann, creating safety concerns in the community.

"My kids are enrolled in the new school built on Royal Avenue but I have concerns about bringing them to school," he said. "Pedestrians can't even cross the street."

Lorenzi said tolling the Pattullo Bridge would level things out. "I'm not going to pretend that it's going to get rid of traffic," he said. "It's realistic living in a big city."

But Surrey Coun. Barbara Steele said a six-lane bridge would be more effective in decreasing traffic congestion, while increasing the number of trips taken across the bridge per day.

"They (New Westminster) don't want a lot of cars in the middle of the city but Surrey is growing," she said. "We have 1,200 new residents each month."

New West Coun. Jonathan Cote said spending money on expanding the bridge beyond four lanes is a waste of money, and said local residents agree.

"Why would you spend hundreds of millions expanding when there's other projects to spend it on?" he said, referring to proposed light rail in Surrey. Cote said tolls would generate money and reduce traffic on the Pattullo Bridge by 30 per cent.

A new four-lane bridge would cost $850 million to build, while a six-lane bridge would cost more than $1.5 billion, according to TransLink models.

TransLink spokesman Bob Paddon said in an email statement that the two cities have made good progress in the joint Pattullo Bridge Review, while working with Coquitlam and TransLink.

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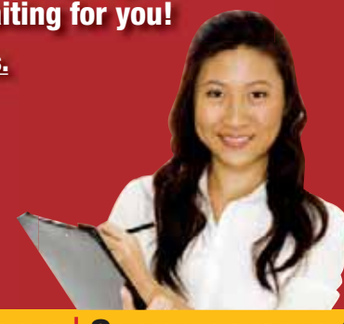

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UN envoy threatened, driven from Crimea by armed men

Ukraine. Officials say Robert Serry was not kidnapped and is 'in good shape' after being confronted by men with weapons

A special UN envoy cut short his mission in Crimea on Wednesday after being threatened by 10 to 15 armed men and ordered to leave the region, UN officials said.

After a confrontation that began as he was leaving naval headquarters and continued at a café, envoy Robert Serry was driven to Simferopol airport by the men and was flying to Ukraine's capital to continue his fact-finding mission, the officials said.

On Friday, UN Secretary-General Ban Ki-moon asked Serry to go to Crimea as part of the fact-finding mission. Serry, who is currently the UN Mideast envoy, initially decided against going after consulting with authorities in the region. But UN Deputy Secretary-General Jan Eliasson said Serry later decided it was important to go, given the "dramatic circumstances."

Ukrainian officials reported earlier Wednesday that Serry had been kidnapped. But Eliasson denied that. He said Serry was threatened by the armed men, but was not abducted.

THE ASSOCIATED PRESS

Quoted

"I'm safe. My visit was interrupted for reasons that I cannot understand."

UN envoy Robert Serry

Police try to separate clashing pro-Russia demonstrators and supporters of the new Ukrainian government in Donetsk, Ukraine, Wednesday, where hundreds of demonstrators waving Russian flags stormed a government building. The region is the home city of fugitive president Viktor Yanukovych, who fled the country after protests in Kyiv. SERGEI CHUZAVKOV/THE ASSOCIATED PRESS

Canadian perspective

Russia is in 'violation of international law': Harper

Canada will send two observers to join an unarmed military mission in Ukraine and will impose more sanctions on the regime of fugitive Ukrainian President Viktor Yanukovych, Prime Minister Stephen Harper said Wednesday.

"Russia's invasion of Ukraine is a clear violation of international law," Harper said in a statement.

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More relaxed pot laws may be in the pipeline

Criminal Code. As it now stands, anyone convicted of possessing small amounts of marijuana can be jailed for up to 5 years

The federal Tories are considering more lenient pot laws, Peter MacKay said Wednesday. TORSTAR NEWS SERVICE FILE

The Conservative government is seriously considering more lenient marijuana laws that would allow police to ticket anyone caught with small amounts of pot instead of laying charges, Justice Minister Peter MacKay said Wednesday.

"We're not talking about decriminalization or legalization," MacKay said following the weekly Conservative caucus meeting on Parliament Hill.

"The Criminal Code would still be available to police, but we would look at options that would ... allow police to ticket those types of offences."

Prime Minister Stephen Harper is open to such an approach, he added.

MacKay has hinted in the past that such a move was under consideration. The country's police chiefs — as well as some Tory caucus members — have long called for ticketing people for pot possession instead of laying criminal charges.

But MacKay has also been among the Conservatives' fiercest critics of Liberal Leader Justin Trudeau's stance on the issue. Trudeau supports the legalization of marijuana, a position the Tories have mocked with gleeful abandon.

Under the Criminal Code as it now stands, anyone convicted of possessing small amounts of marijuana can be jailed for up to five years. First-time offenders can face fines of up to $1,000 or as much as six months in jail. THE CANADIAN PRESS

Vigil for Loretta Saunders

Sharon Armstrong of Ottawa takes part in a vigil on Parliament Hill on Wednesday for Loretta Saunders and to call for a national inquiry into missing and murdered aboriginal women. Two people have been charged with first-degree murder in her death. In a cruel irony, Saunders was writing a thesis on murdered and missing aboriginal women before she died. SEAN KILPATRICK/THE CANADIAN PRESS

Still probing

Provincial police overseeing Ford investigation

Ontario's provincial police are now overseeing an investigation into the activities of Toronto's Mayor Rob Ford, who has repeatedly attacked the legitimacy of the probe, Toronto's police Chief Bill Blair said Wednesday.

Ford's lawyer immediately denounced the oversight change, which leaves senior city investigators on the case, as "meaningless."

In a letter to OPP Commissioner Chris Lewis, Blair laid out his reasons for asking his provincial colleagues for help.

"I am taking this step to avoid the distractions that have assumed such recent prominence," Blair said in the letter.

Ford, who has vociferously challenged the chief to arrest him, has branded the investigation political. He has publicly accused Blair of wasting tax money — with little result.

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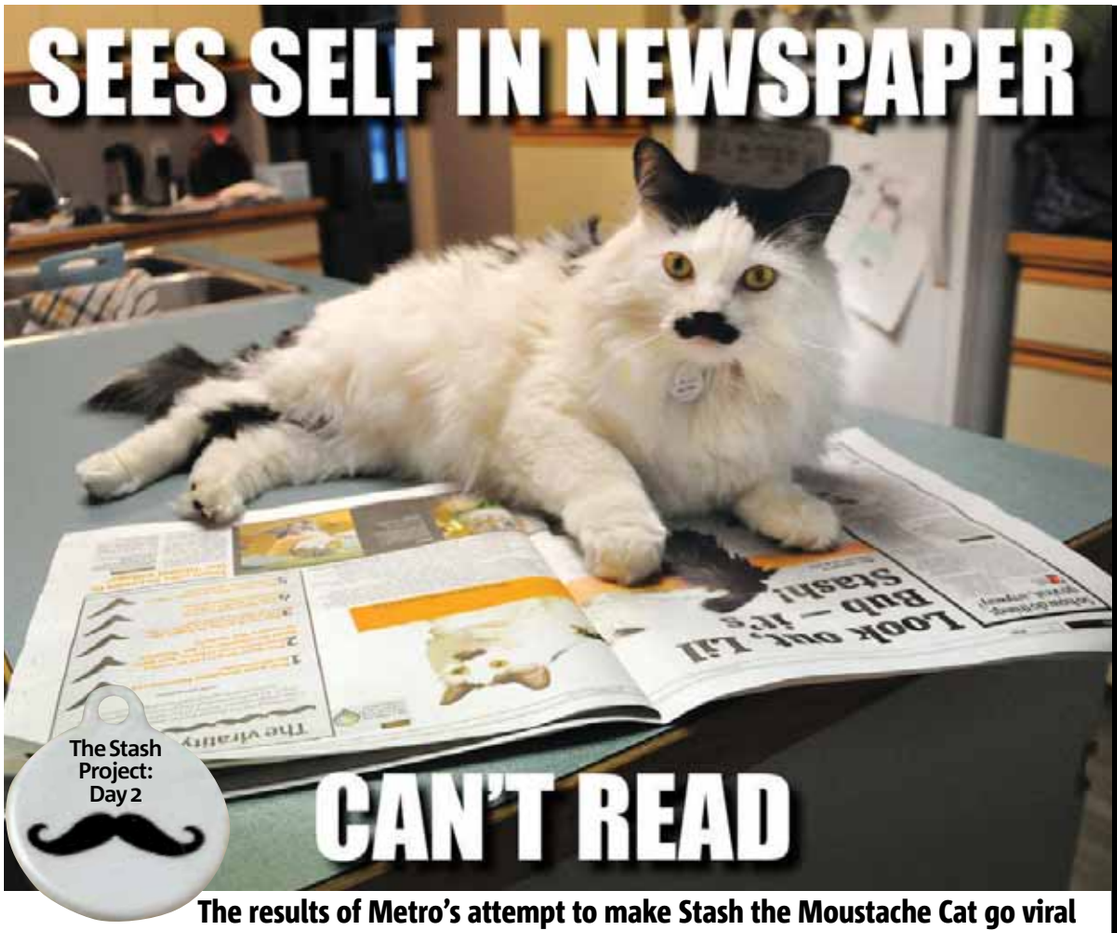

The results of Metro's attempt to make Stash the Moustache Cat go viral

SHANE GIBSON
Metro in Winnipeg

After giving Stash four weeks to blow up online, we called San Francisco-based social media expert Tim Hwang again to see what he thought of how we did ...

At first he said he was impressed, but when pressed Hwang admitted he thought we would have garnered even more followers than we did, simply because making cats popular online is, for lack of a better term, like shooting fish in a barrel.

"You guys picked up on one key thing, cats, which are already extremely popular on the Internet," he said, explaining that our numbers show we did well "locally," or within a particular online community, but that we didn't get the massive exposure needed to be considered hugely viral. "There are memes that sort of spread over the entire Internet, and that's an incredibly rare thing — it's sort of like lightning striking two or three times all in the same place.

"The factors that cause a piece of content to do that are really obscure, and it's an active and ongoing field of research just to try to figure out exactly what causes it."

Hwang, who researched Internet culture at Harvard University's Berkman Centre for Internet and Society, said Stash could still eventually go hugely viral even without our help.

"There's a lot of cases where content that is old and cold and dead comes back to life inexplicably," he said. "Some weird things can happen like that, where content gets rediscovered over time."

Why do cats run the Internet?

"I think cats are built ready for the Internet. They are small, cute ... and often get themselves in accidents that are funny." Tim Hwang

Stash's hashtags

Cracking the virality code

It's not just national free daily newspapers wondering why things go viral — Hwang said a lot of people are paying big money to research the phenomenon.

"It's interesting because on some level (kittens becoming famous on the Internet) is kind of 'ha-ha' funny ... but there's a lot of interest from a number of very surprising quarters in trying to decide why things become popular online," he said.

"It's everything from academics to the private sector. Obviously advertisers are always trying to unlock this code."

But Hwang said there's an even darker element than advertisers hoping to get to the bottom of virality: politicians and governments are foaming at the mouth to know the secret too.

"That's where it turns to something that's actually a little more concerning," he said. "Because maybe the principles that allow a kitten to become famous online are the same things that can be used to destabilize a country.

"It's just funny to me, of course, that something like cats on the Internet are at the centre of it."

Online

For a video and photos of Stash and more, go to metronews.ca

TIM HWANG'S BENCHMARKS OF SUCCESS

1 How many Instagram followers can we accumulate? We accumulated 1,050 Instagram followers in a month. ✓

2 How many images can we collect from followers? (That is, how many times did someone use our "template" to create a new meme?) Trying to make Stash a meme failed, although one person did upload a macro of Stash to Instagram.

3 How much action on Reddit, the self-proclaimed front page of the Internet, can we generate? We posted photos of Stash to reddit/r/cats, and they got about 300 upvotes. ✓

4 How much traffic can we drive to Stash's website, stashthemoustachecat.com? Traffic to Stash's website rose about 3,000 per cent, but that's because he had virtually no traffic before he started posting on Instagram. ✓

5 How many views of Stash's Imgur pictures can we achieve? Views of Stash's pictures on Imgur totalled about 7,000 views, mostly from Reddit traffic. ✓

Managing an Internet cat

IRENE KUAN
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The cat-pic community on Instagram is unlike any other. In Internet-cat land, everybody is nice, and there are no cyberbullies to be found.

Metro Winnipeg's managing editor Elisha Dacey knew she had a star kitty. Stash was born with a Chaplin-like mark on his upper lip (OK, fine, it's a Hitler-like mark, which makes Stash a member of the subgenre of e-kitties affectionately known as #kitlers).

In four weeks time, after posting 152 photos (#catoftheday), Stash went from an Instagram newbie to having 1,050 followers.

Stash did have a physical advantage over other cats, but there were several things to keep in mind when growing his new Instagram account, and I quickly realized that not everything goes viral without work.

Lesson 1: Decide on a personality Most viral cats capitalized on their appearance, but there were so many moustache cats (#moustachecat, #hipstercat) out there. I decided Stash was a friendly but vain cat.

Lesson 2: Hashtags Adding hashtags gave my photos more presence. There appeared to be no such thing as going overboard with hashtags, as long as I didn't add so many that they crashed my browser.

Lesson 3: Make some friends I had to stop being shy about talking to other Instagrammers, so I started stepping out: liking and commenting first on other accounts (#follow4follow).

Lesson 4: Never ignore compliments This was the most time-consuming part of this experiment — to answer every comment, say thanks to every compliment and like back photos of users who liked Stash's photos.

Lesson 5: Be active Don't disappear from posting for too long — not even for half a day.

Virtual bank robber to blame for fall: Flexcoin

Digital currency.
Alberta 'bank' focused on bitcoins folds after it claims attacker 'exploited a flaw in the code'

An Alberta-based online "bank" specializing in bitcoins is blaming a technical flaw for the theft of its digital currency that forced it to close its doors this week.

In a statement on its website Wednesday, Flexcoin says 896 bitcoins were stolen from its online vault. That translates into a loss of about $600,000, based on bitcoin's current trading value.

"Flexcoin was attacked and robbed of all coins in the hot wallet," the company reported on its website. "As Flexcoin does not have the resources, assets, or otherwise to come back from this loss, we are closing our doors immediately."

An email to the company requesting comment was not immediately returned. But the website did provide details on how the company thinks the theft happened.

"The attacker successfully exploited a flaw in the code which allows transfers between Flexcoin users," it said.

Flexcoin said by sending thousands of simultaneous requests, the attacker was able to move coins from one user account to another until the sending account was overdrawn.

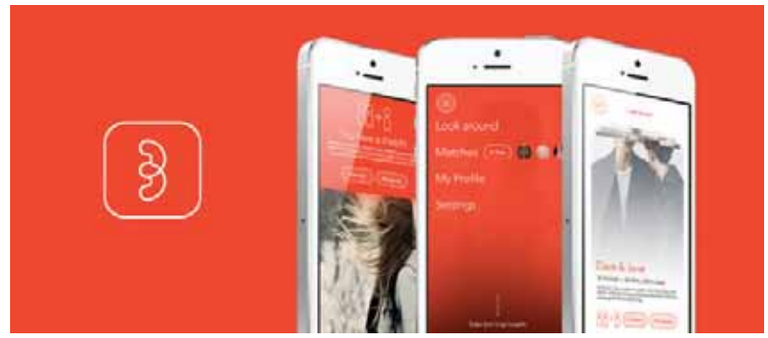
"This was then repeated through multiple accounts, snowballing the amount, until the attacker withdrew the coins."

A line in the company's terms of service says it doesn't insure any of the bitcoins stored on its system nor is it "liable for any lost bitcoins."

THE CANADIAN PRESS

Background

Since its creation in 2009, bitcoin has become popular among tech enthusiasts and risk-seeking investors because it allows people to make one-to-one transactions, buy goods and services and exchange money across borders without involving banks, credit card issuers or other third parties. Criminals like bitcoin for the same reasons.



Three's a very welcome crowd on 3nder

Fancy a threesome? Dimo Trifonov, the London-based entrepreneur behind dating app 3nder, thinks you do. The spin-off of location-based hookup apps like Tinder and Grindr aims to remove the seedy stigma attached to the ménage à trois. Seeking a threesome "should be something that doesn't make you feel like a sexual freak," Trifonov says. The app is currently in beta mode, but already has 23,000 subscribers. METRO WORLD NEWS

Market Minute

DOLLAR
90.60 ¢ (+0.51¢)

TSX
14,304.17 (+14.31)

OIL
$101.45 US (-$1.88)

GOLD
$1,340.30 US (+$2.40)

Natural gas: $4.57 US (-$0.09)
Dow Jones: 16,360.18 (-35.70)

Weapons

Facebook to delete posts for illegal gun sales

Under pressure from gun control advocates, Facebook agreed Wednesday to delete posts from users seeking to buy or sell weapons illegally. THE ASSOCIATED PRESS

OPENING THE LID ON OPIOIDS

HE SAYS

John Mazerolle
metronews.ca

How did "a pain in the neck" come to describe an annoying person?

Because I have a pain in my neck keeping me home from work, and it's much more than annoying. When the doctor asked me to rate the pain on a scale of one to 10, I said I'd need a spinal tap because this one goes to 11.

OK, I didn't say that. What I said was: "OW makeitstop OW."

An annoying person should be a rug burn. Or a hangnail. Or a paper cut. All pretty good insults, come to think of it.

A "pain in the neck"? That should be reserved for the Atillas and Stalins and Trumps. History's greatest monsters.

This hurts so much that I've been watching Game of Thrones and after every decapitation I think, "Oh, that'd be sweet relief. Wish I was a traitor."

The good news is there's a silver lining — possibly lining the muscle in my neck, which would explain the throbbing. The doctor, seeing the brave way I was handling adversity, prescribed me a heavy-duty painkiller to provide relief. This means:

1) I get to take opioids.

2) I get to write about opioids.

3) If I write a lame column and make hack jokes about my doctor's handwriting, I can blame the opioids.

John's Guide To Prescription Painkillers

1) I joke around in this column, but you should never, ever abuse drugs that aren't liquor, beer, wine, snuff, cigarettes, cigars, marijuana, hash or coffee. And even then, only several times a month.

2) Try to look suspicious when you ask for your painkillers. That way, when the pharmacist makes a phone call and you check out, you get to act offended.

3) To check the effectiveness of the security cap, be sure to leave your medication alone in your living room for long periods of time. Better safe than sorry.

4) Remember to look under the rim for your chance at free drugs or one of seven 2014 Dodge Durangos.

5) All the drug-safety guidelines I read remind you to turn on the lights when you take pills. This is to ensure that you're not blind. If you are blind, call a doctor. Unless you've always been blind, in which case call a friend. They'd love to hear from you.

6) After a statistically significant sample of three Percocet, I can say the most interesting effect of opioids is that they don't make you feel good; they just make you feel less. Part of me had expected to have a Yellow Submarine/Twin Peaks vision trip, but really it was more of a Big Bang Theory/According to Jim trip. I didn't feel anything, other than hoping it would be over in the next 22 minutes.

And that's my guide to prescription painkillers. Now that I understand how powerful these drugs are, it makes sense to me that my doctor's handwriting is so scribbly! Am I right? Sorry, sorry. Dave's not here, man.

ZOOM

It's the circle of life

ANDREW BURTON/GETTY IMAGES

Human hamster wheel spins in N.Y.C.

Ward Shelley, top, and Alex Schweder, both professors, designers and artists, live in their art installation piece titled In Orbit on Wednesday in the Williamsburg neighborhood of the Brooklyn Borough of New York City. Shelley and Schweder are in the midst of living in the hamster wheel-like environment for 10 days; the wheel was designed complete with beds, desks, a kitchen and bathroom and chair for relaxing.

GETTY IMAGES

Working together through the grind

One wrong move by him or his fellow human hamster and they risk being thrown off. They are perched on opposite ends of the wheel, 180 degrees from each other, and must carefully co-ordinate their movements. When one walks, the other must walk in the opposite direction. When one stops, the other must stop.

"It's really an exploration of what it means to collaborate," Schweder said. "It's an exploration of trust between two people."

THE ASSOCIATED PRESS

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

So, how about those new year's resolutions? Two months into the year, are you still hitting the gym, reading more, spending less and being an all-around saint? For those who have perhaps fallen off the wagon, here are some apps to help pick you back up.

Everest:

Whether it's to climb Mount Everest or just pay off your debt, this free iPhone app helps you get your goals in order — and follow friends (and strangers) as they progress with theirs.

Habit Clock:

Start your day "right" with this alarm clock/habit-forming app. After you hit snooze, Habit Clock keeps your morning on track by sending reminders to finish your predetermined morning habits.

Habit List:

You can't develop habits unless you track them, or at least that's the logic behind Habit List. The iPhone app lets you record your tasks, sends reminders and keeps you focused.

ISTOCK IMAGES

Comments

RE: Passenger's Sexist Note Left On WestJet Flight Stirs Pilot's Heated Response, published March 4

Here's a plan. Keep doing what you're doing and try not to be offended so easily. People will always have their own outlook on life, and no matter how skewed it is they have a right to believe in whatever they want. Further, they have a right to express their own incorrect, correct, or outrageous opinions. Why let someone's rant or comment get you down? Why vent in anger on Facebook? Why even give it a second thought? We call this the "Me Generation" because the majority of people have developed a large sense of self-entitlement and people tend to take every insult and impunity to heart. **disqus_z3Lferpz-rN posted to metronews.ca**

I disagree whole heartedly Disqus_z3LferpzrN. I do agree that everyone is entitled to their opinion. But there comes a point when the opinions are just not acceptable and when offered freely and openly like this they are open to the ridicule they deserve. This is SEXISM pure and simple and is not to be tolerated. As any kind of prejudice should not be tolerated. **TJE posted to metronews.ca**

For you to say that "any kind of prejudice should not be tolerated" is in fact extremely prejudicial and I will not tolerate it. Everyone has prejudice in their thinking towards something whether people like you like it or not, or even realize it or not. Some people are stupid. Some cultures are backwards. Some religions are horrible. I have the right to make such a judgment based on thoughtful study of the facts. **Rory Kyle Maxwell posted to metronews.ca**

WE WANT TO HEAR FROM YOU:
Send us your comments: vancouverletters@metronews.ca

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We're up all week to get lucky

CelticFest Vancouver. Annual St. Patrick's Day celebration will be accompanied by nine days of music, dance, glass raising and cheer

BACKSTAGE PASS
Graeme McRanor
vancouver@metronews.ca

Winston Churchill once said that the English found the Irish a bit odd because they refused to be English.

Lucky for us, those wacky non-conformists were a bit more agreeable to exporting that Celtic exceptionalism around the globe. They even anointed a special day for us all to get in on the celebratory action. And on March 17 — St. Patrick's Day — everybody's Irish. Leading up to it this year, CelticFest Vancouver celebrates its 10th anniversary with nine days of music, dance and cheer. Which is just one more reason to raise a glass to all things Irish. Just mind your ridiculously oversized green hat going in!

Hermitage Green will be among the acts at the CelticFest 10th Anniversary Gala, March 14th at the Vogue Theatre. CONTRIBUTED

CelticFest 10th Anniversary Gala
Featuring The Once, Jayme Stone's Lomax Project, Hermitage Green, The Paperboys and more. Friday, March 14 (8 p.m.) at the Vogue Theatre. Advance tix $30 | $35 at the door.

The Irish Edge
Featuring Hermitage Green and Vagabonds. Saturday, March 8 (9 p.m.) at the Rickshaw Theatre. Advance tickets $25 | $30 at the door (no minors).

CelticFest Ceilidh
Featuring Crikey Mor, Punters Reunion fiddlers Nellie Quinn and Chris Meredith, Jayme Stone's Lomax Project and Mad Pudding. Saturday, March 15 (8 p.m.) at Vancouver FanClub. Advance tickets $25 | $30 at the door (no minors).

Ceili's Kitchen Party
Hosted by Tom Landa & Kalissa Hernandez (of The Paperboys). Thursday, March 13 (7 p.m.) at Ceili's Modern Irish Pub (1006 Granville St. at Nelson). Tickets $15.

A Whisky Kiss
Scotch-tasting on Wednesday, March 12 (7:30 p.m.) at The Cellar. Advance tickets $30 | $35 at the door.

Something Sort of Grandish
Musicals and show tunes with a Celtic theme. Saturday, March 15 (2 p.m.) at Tom Lee Music Hall (3rd floor — 929 Granville St.), featuring songs and stories from Once, Donnybrook, Maggie Flynn, The Pirate Queen, A Man of No Importance, and more.

Celtic Village & Street Market
Includes the Mahony & Sons Music Stage, CelticFest Community Stage, Celtic Circles, and a street market. Saturday, March 15 (11 a.m. to 6 p.m.) and Sunday, March 16 (10 a.m. to 5 p.m.) on Granville Street (from Robson to Nelson) and Robson Square. FREE.

10th Annual St. Patrick's Day Parade
Sunday, March 16 beginning at Howe St. (at Davie) and proceeding north on Howe to Georgia St, ending at Georgia and Granville. FREE. Starts at 11 a.m.

There's much more in the mix, too. CelticFest Vancouver runs from March 8 - 16. Visit celticfestvancouver.com for more information.

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Bryan Cranston drums up the drama

Broadway debut. Former Breaking Bad star presides over the stage as Lyndon B. Johnson in All the Way

Bryan Cranston doesn't need to chase paychecks anymore. His salary for Breaking Bad wasn't exactly at drug kingpin levels, but he's secure. So now what? Now it gets interesting.

"I don't need work — I don't need to work ever again," says the actor. "So the choices that I make now should all be things that I think are either fun or important or challenging."

Cranston's next move reflects this choice. He's making his Broadway debut in a role far from Walter White — playing former U.S. president Lyndon B. Johnson in All the Way.

Cranston plays Johnson during his first year in office following the assassination of John F. Kennedy and explores both his fight for re-election and the passage of the Civil Rights Act of 1964.

"I like to think that I'm well cast for this role. He was a complicated man," Cranston says. "You only make your Broadway debut once and I'm encouraged that I hitched my wagon to a really well-written play."

No matter how well-written, a three-hour play about the political manoeuvring of an irascible president 50 years ago may not be considered serious box office catnip. Cranston's star power changes that.

"Boy, I planned that well, didn't I?" jokes playwright Robert Schenkkan, who won a Pulitzer Prize in 1992 for his epic The Kentucky Cycle.

Johnson was originally handled by actor Jack Willis when it debuted at the Oregon Shakespeare Festival in 2012, but Cranston jumped aboard last fall when the play next went to the American Repertory Theater outside Boston.

The role requires Cranston to be bullying, insecure, charming, charismatic, ruthless and scary. Cranston has shown all that in a career that has gone from goofy comedy in Malcolm in the Middle to ferocious drama in Breaking Bad.

"That's who LBJ was — he was charming and witty and incredibly funny, a great raconteur, the life of the party. And also violent and vile and cruel and utterly terrible," says Schenkkan.

"I don't write with an actor in mind, but if I had, Bryan Cranston would have been at the head of the list."

Bill Rauch, the artistic director of Oregon Shakespeare Festival, who directs All the Way, says attracting Cranston was certainly useful to gin up excitement but he hasn't been a diva.

"Bryan is a brilliant actor who brings his ferocity, his emotional intelligence, his passion, his heart to bear on the role," says Rauch. "He really is a true member of the company and a leader of the company. There's no sense that he's the star and the star is separate from the rest of the cast."

Political plays on Broadway haven't always been big draws, but the creative team behind All the Way describes it as a "thriller" and a "white-knuckle ride." Schenkkan stresses that what he's written is not a documentary or history: He's a dramatist exploring issues of power and morality, and asking how far we are willing to go to do good.

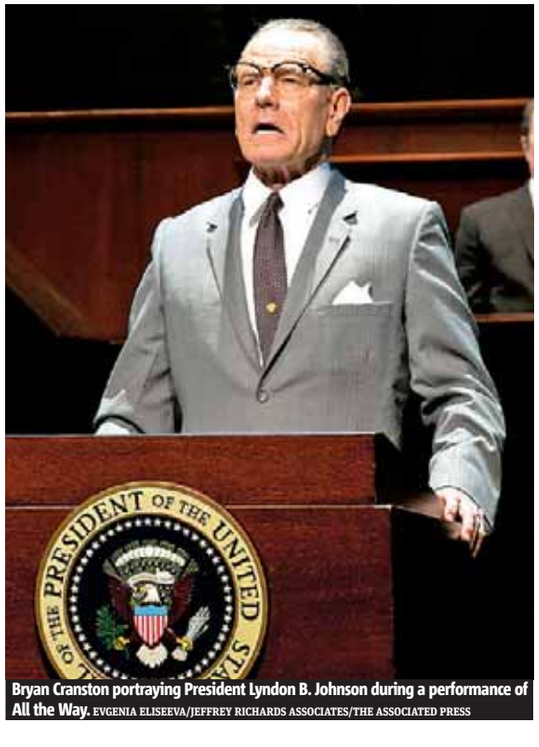
"What Robert's (Schenkkan) done so successfully I think is to create this dramatic framework where the actors get to come to life in a very exciting and energized way," says Robert Petkoff, who plays Sen. Hubert Humphrey. "It takes on a life, it breathes in a way that becomes compelling to watch."

Cranston agrees, saying All the Way is accurate to the past but it's not history at the expense of drama. "Nobody ever leaves a theatre and goes, 'Oh my God that play was so boring but historically accurate,'" he says. "We don't want that."

THE ASSOCIATED PRESS

Quoted

"I don't need work — I don't need to work ever again. So the choices that I make now should all be things that I think are either fun or important or challenging." Bryan Cranston



Bryan Cranston portraying President Lyndon B. Johnson during a performance of All the Way. EVGENIA ELISEEVA/JEFFREY RICHARDS ASSOCIATES/THE ASSOCIATED PRESS

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SHOPPERS DRUG MART
SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 16

Thou art a villain, Ms. Eva Green

300: Rise of an Empire. Actress seems to be having a little too much fun playing a psychopath

NED EHRBAR
Metro World News in Hollywood

Eva Green is the unconscionable Artemisia in 300: Rise of an Empire, which opens on Friday. CONTRIBUTED

Eva Green was really looking for an all-out villain to sink her teeth into, and she got that and more with the role of Artemisia in 300: Rise of an Empire.

Green sits down with Metro to discuss playing nuts, using sex as a weapon and the allure the mystical side of things.

You're playing more than just the typical villain in this.

Yes. I … kill people, and I'm not very nice, yes. It's pure villainy. You know, lots of actors will go, "No, she has cracks, she's human." And of course you learn about her back-story and how she's been betrayed by her own countrymen and it has kind of hardened her heart big time. The only challenge is to find maybe some jubilation in this because yeah, she's just … mental. She has no conscience and she can't tolerate incompetence, and anybody who doesn't follow her orders, just (snaps) "Off with his head!" You can't do that in real life, really.

You also have probably one of the more aggressive sex scenes in this.

I mean, it's more of a fight than a sex scene, really. It's so violent that it was kind of staged as a fight scene. I love when it's kind of clinical. Even a normal sex scene, actually, when they go, "You put your hand here and you here," "How do you do? We're going to have sex." And here it's two warriors having sex. They deal with violence every day, and this is how they do it. It's kind of S&M without the leather. It's not very romantic, let's say.

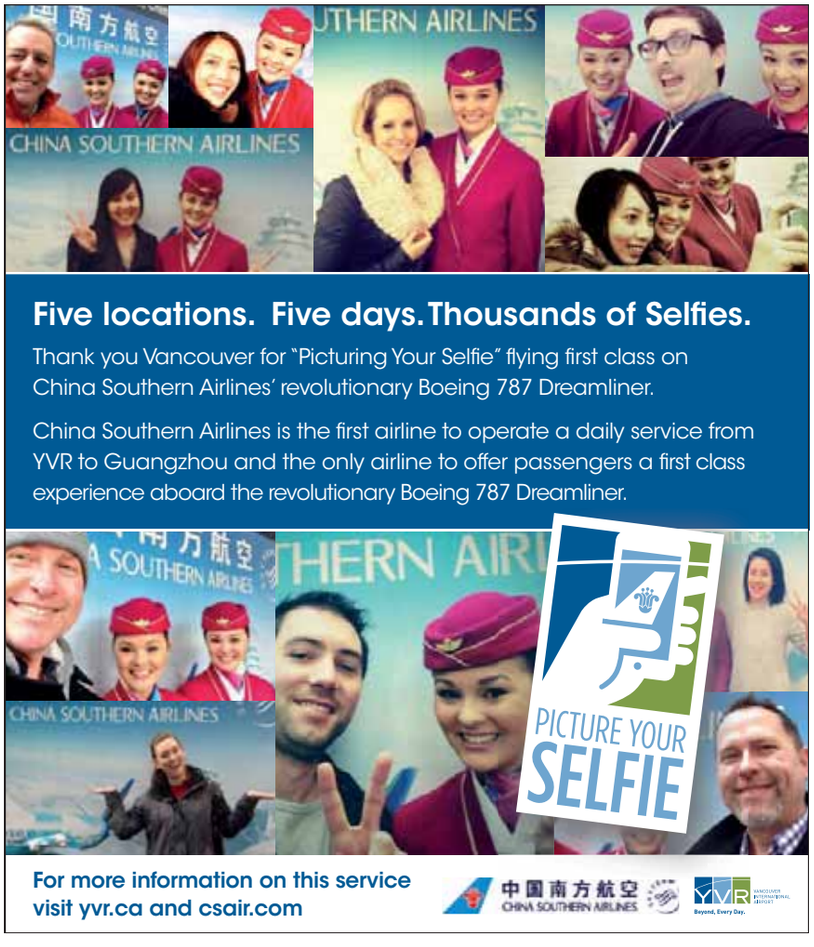
Netflix

The Trailer Park Boys are back

Light up a smoke and pour yourself a rum and coke, folks! It's time to celebrate as Ricky, Julian and Bubbles make their way to Netflix with 10 new episodes later this year.

But first, the latest seasons will be added in Canada and the U.S., while Seasons 1-7 will be available for the first time in the U.K, Ireland, Netherlands, the Nordics and Latin America. It's been several years since the cameras have followed Ricky, Julian and Bubbles around the Sunnyvale Trailer Park, so there's a lot to catch up on: Ricky recently harvested an enormous weed crop which he has successfully hidden in the walls of his trailer, Julian has opened a bar and gym in his trailer and Bubbles is in the process of opening what he calls a 'Shed and Breakfast' business.

METRO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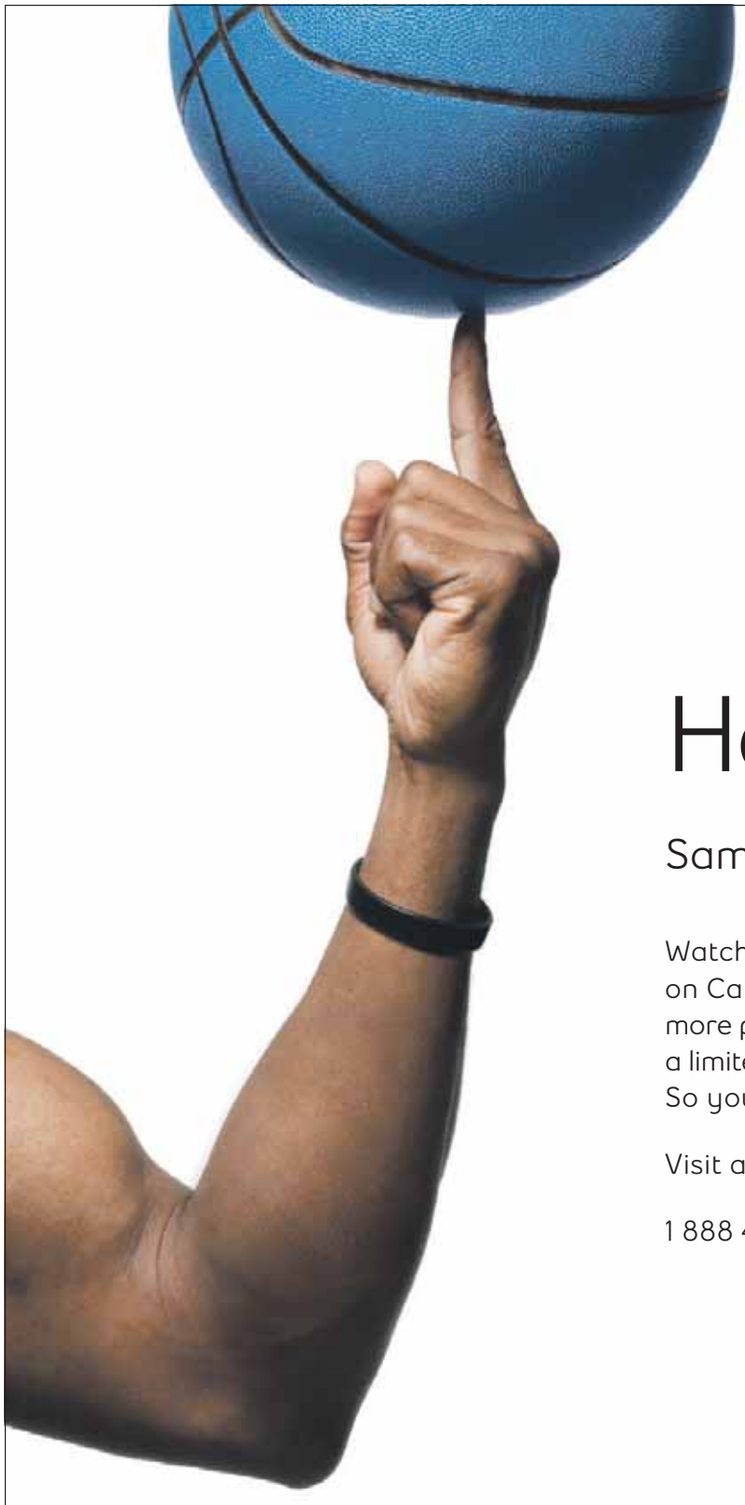

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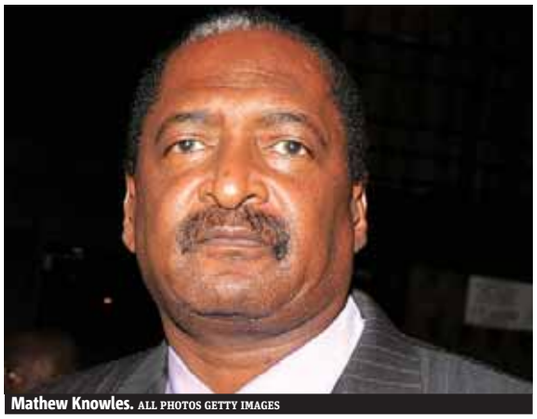
OUR TAKE ON THE WORLD OF CELEBRITIES



Mathew Knowles. ALL PHOTOS GETTY IMAGES

Beyoncé's dad gets a break on his baby mama bills

A judge has approved a substantial cut in the amount of child support that Beyoncé Knowles' father must pay because his income dropped after his superstar daughter fired him as her manager.

A ruling obtained by The Associated Press shows that a Los Angeles Superior Court judge cut the amount Mathew Knowles must pay to actress Alexsandra Wright from $12,000 US a month to roughly $2,500 US a month. The payments are for a son Knowles fathered with Wright while he was still married to Beyoncé's mother.

Judge Scott Gordon's order is retroactive to February 2013. Although the singer's name is not mentioned in the ruling, it notes that her father's income has substantially fallen since she fired him in 2011. Mathew Knowles sought a reduction in his child support payments, and a hearing was held earlier this year. THE ASSOCIATED PRESS

Another McConaughey kid in nine months?

Don't be surprised if Matthew McConaughey names his next kid Oscar, as the newly minted Academy Award winner had just one thing on his mind following his win for best actor Sunday night.

"We won't stay long at the after-party," he told the Sun. "I want to go home and make another baby." McConaughey and wife Camila Alves are already parents to five-year-old Levi, four-year-old Vida and 14-month-old Livingston.

Matthew McConaughey

The Word

Lohan's reality is still stranger than fiction

MELINDA TAUB
Metro World News

In the first look at Lindsay Lohan's OWN post-rehab reality show, her life looks fairly grim. She confesses that being stalked by paparazzi makes her feel like a prisoner "all the time." She looks alternately bored and panicked throughout. Handlers tattle to Oprah that Lindsay is being unprofessional, skipping photo shoots and may be backsliding into addiction.

"This is exactly what everybody said was going to happen," Oprah sighs, "and I believed differently. She doesn't understand that this is your life."

We also glimpse a confrontation between the two, during which Oprah exhorts the OWN star to take her recovery seriously. "My truth is that I really do want you to win," says Oprah.

"No, it's not that I'm not ready to do that. I do want to," Lindsay insists.

"You need to cut the bulls—," Oprah returns.

Not defending Lindsay for leaving crews and coworkers hanging, but possibly her subconscious has realized that most newly recovering alcoholics would be better off anywhere but the set of a reality television show.

I'm sure that's not the case here, though. Oprah would never endanger someone's recovery just for the sake of OWN.

Katy Perry

Apparently when Katy Perry kisses a girl, she doesn't like it

Katy Perry kissed another girl, and this time she wasn't really that into it. While visiting Australian talk show Sunrise this week, Perry recounted her close encounter with Miley Cyrus at the Bangerz singer's concert in Los Angeles. "I just walked up to her to give her, like, a friendly, girly kiss. You know, as girls do," Perry said. "And then she, like, tried to move her head and go deeper and I pulled away. God knows where that tongue has been."

Twitter

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I love twitter when I randomly follow people and wake up to see berserk things on my feed

@TomArnold
If you eat a whole bag of potato chips, even gluten free, you basically lose a day of your life. Maybe more. I'll let you know tomorrow.

@katyperry
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SHOPPERS DRUG MART

From the runway, with love

Fall/Winter Fashion Month has taken four countries by storm once again. Here's a taste of what Metro's gurus of glam were lucky enough to see in the last leg of their high speed, high fashion city-hop. Until next season, style fanatics!

METRO WORLD NEWS

Roberto Cavalli (Milan)

Fire makes the perfect backdrop for Cavalli's flamboyant clothes. When a collection has heaps of dramatic fur on top of feathers on top of python on top of fringe, and tassels, and studs, and beading, the addition of a ring of flames and smoke seems only right and natural. He's cultivated an iconic look that may not set any agendas, but epitomizes Milanese fashion and its trademark carnal glamour. This is the drama we look for from Milano Moda Donna and he's delivered.

Major trends: Python, tassels, contrasting textures, blanket coats, gold.

Prada (Milan)

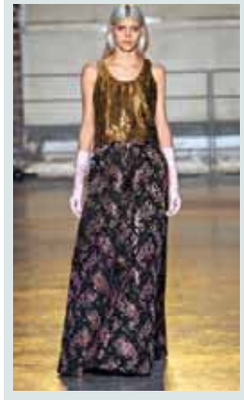
Prada has an unmistakable way of making the garish look intelligent, the street style bait not look so try-hard, and the commercially appealing look artful. That's why most of these pieces (I'm placing bets on the shearling jackets and sporty platform shoes), which would look ridiculous in anyone else's hands, will most likely fly off the shelves. Remember, Prada has consistently posted sales growth for several years now. Even if this collection is not her most exciting, she's still on a roll.

The major trends: Seventies-inspired prints and shapes, and shearling.

Rochas (Paris)

All of the clothes are stunning, right down to the densely beaded gloves. But too many in the second half of the show look heavy and fussy, like a wardrobe malfunction waiting to happen. That said, this collection falls right in line with the memo that clearly went out for autumn/winter '14: glamour and all of the decorative trappings that come with it, rules.

Major trends: Dense embellishments, outsized volume, experimentations with texture and longer fuller skirts.



Carven (Paris)

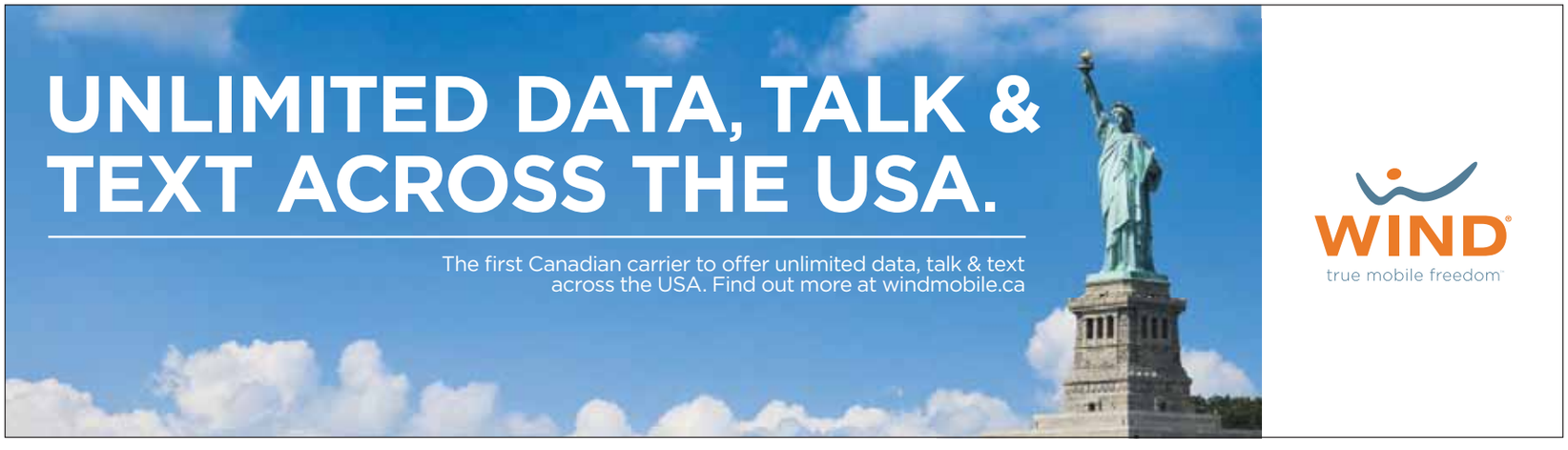
Guillaume Henry has referenced a decade other than the '60s this season and I appreciate that. His forties shapes and silhouettes have a film noir sensibility about them. Interestingly, this collection presents a more grown-up look than the girlier, whimsical fare. The strongest looks are the longest: straight, midi-length skirt suits and belted coat dresses and jackets that look like the stuff of Ingrid Bergman movies, with a modern twist.

Major trends: Longer midi skirts, shiny embellishments, shades of blue, and experiments with texture.

Sonia Rykiel (Paris)

The emphasis on knits and sense of humour present in a series of dresses emblazoned with 'Moi' are classic Rykiel, but there's a new contemporary, urban polish here as well. Best of all, everything looks so incredibly cosy and easy to wear. There are enormous Mongolian fur coats, relaxed, softly tailored trousers, oversized waffle knit sweaters and lithe, lean skirt suits, all in the warmest wools and cashmeres.

Major trends: Relaxed slouchy shapes, shaggy outerwear, textured three-dimensional surfaces and midi-length skirts.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What to do with the yard at your new home

Annuals are your friend for instant hit of colour

Don't try to do everything the first year. Mulching will keep the weeds down. Composting will improve the soil. Bringing in some annuals for window boxes, hanging baskets or containers will provide instant colour. "Nothing gives you as much impact in a garden as planting annuals," said Josh Kane, president and head designer at Kane Landscapes Inc. in Sterling, Va.

Get to the root of problem areas before you plant

Anticipate. Avoid planting trees or shrubs near sewer or water lines, to prevent root damage. Study the property for restrictions that could prevent expansions or additions. "A lot of people might want to build a big outdoor room or pool and find they can't do it because of an easement on the property," Kane said.

No-one likes a frosty reception

Make note of the average frost dates. Do soil tests. Map the yard for sun and shade. "If you live in the city and all you have is a porch or a patio to work with, where is all that water going to go that you'll be putting on plants?" asked Kane. "Also, where do you get the water? You'll have to figure out how to care for everything."

It takes more than pink flamingoes to make a new yard your own

"There's no problem with asking owners for a list of landscape items and for an explanation about the plantings. Usually, the owners are more than happy to give you a list. In fact, if they know the purchasers are interested, that will make for good feelings on both sides." Real estate agent Shirley French

New property owners temporarily added whimsical yard art to the entry while moving into a house in Langley, Wash. DEAN FOSDICK/THE ASSOCIATED PRESS

New house, new garden. Here are tips for weeding out landscaping surprises

North Americans are a restless bunch. They change locations with a frequency that would tire a migrating songbird.

But there is more to moving day than unpacking boxes; there's also learning to care for that garden inherited with the new home.

If you were thinking ahead, you asked for an inventory of the plants and accessories that came with the house.

"There's no problem with asking owners for a list of landscape items and for an explanation about the plantings," said Shirley French, an agent with the Woodstock, Va., office of Funkhouser Real Estate Group. "Usually, the owners are more than happy to give you a list. In fact, if they know the purchasers are interested, that will make for good feelings on both sides."

Gardening priorities are determined mostly by the seasons. You won't be mowing the lawn in February, although you might be combing the seed catalogues.

But where to start with a newly purchased property?

Michael Becker, president of Estate Gardeners Inc. in Omaha, Neb., suggests that putting safety first.

"Check out the dangers," said Becker, a spokesman for Planet, the Professional Landcare Network, which certifies green industry professionals. "Are the retaining walls stable? Are any trees leaning or diseased with dead branches?

"Assess the hardscape," Becker said. "Is anything heaving, creating tripping hazards? Examine the drainage around the house. More often than not, it isn't correct and may be damaging the structure. Bring in some professionals to help sort things out."

As for plantings, be patient with the perennials.

"Go through the seasonal changes," Becker said. "Learn what things look like in your yard. Determine if it's esthetically what you want, or if it's so high-maintenance you won't have the time to care for it. Most perennials need pruning and deadheading."

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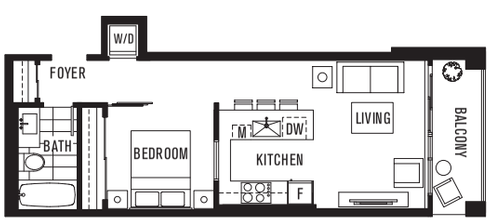

SALIENT

RENNIE MARKETING SYSTEMS

Bling on summer in the backyard

DIY. For a deluxe take on outdoor living, turn a gazebo into a media room or amp up your grilling style

Vanilla Ice may have a cool name, but the rock-star-turned-home-improvement guru knows how to heat up a backyard. With a passion for modern features and luxurious amenities, Ice doesn't just renovate — he adds style and swagger.

With spring around the corner, consider spicing up your own backyard to make it worthy of its own music video.

Pimp out the gazebo

Gazebos provide a refuge out of the sun and a relaxing place for friends and family to kick back. To take the traditional gazebo to the next level, install a projector to the ceiling and hang a screen at the back to enjoy late night movies or the big game. Once a television cable or DVD player is attached, invite the neighbours over for an extravagant block party.

The Vanilla Ice Project

- For more home renovation ideas, catch The Vanilla Ice Project Tuesdays at 10 p.m. ET/PT on DIY Network Canada.

Step up your grilling game

Kick that old barbecue to the curb and replace it with a new grill that features more burners, an infrared rotisserie burner and night lights for evening cooking. To spend less time inside and more time cooking with friends, recreate an entire outdoor kitchen with a mini-fridge, sink, prep area, and stove. Outdoor kitchens can be entirely customized or bought in pieces, making them easy to fit in virtually any space.

Raise the bar

For when a pool just isn't enough to beat the heat, a swim-up bar can keep the backyard cool. Swim-up bars are no longer just for resorts and are becoming more popular in residential pools. Not only do they have a vacation feel, they're practical for entertaining guests or just taking a break from pool sports. When planning the design, consider seating, sun angles, and storage for popular drink favourites and cups.

Light my fire

Don't stop enjoying the outdoors because of fall weather. An outdoor fireplace can add warmth and light to dark, chilly evenings. While smaller, temporary fireplaces are great for flexibility, built in brick or stone fireplaces provide first-class elegance. They're great for intimate evenings together or a classic camp fire singalong. Check with local authorities before beginning, as some areas prohibit decorative fires.

Outdoor kitchens can be customized to fit almost any space. ISTOCK

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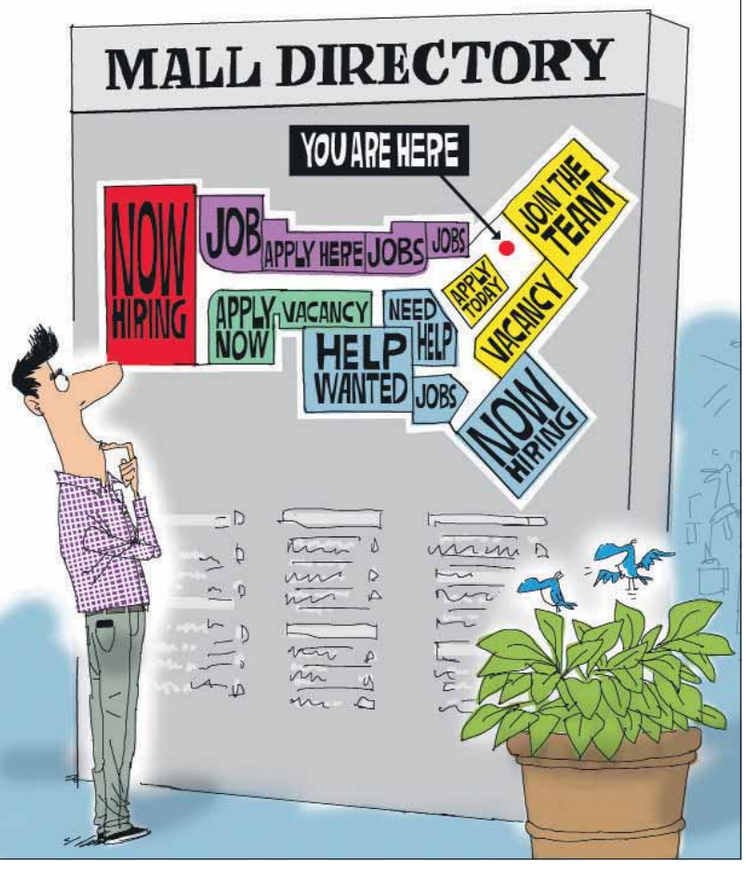

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It's easy being green with DIY laundry cleaners

Homemade dryer balls reduce drying time, static cling and wrinkles.
SHERRI GRIFFIN/ THE ASSOCIATED PRESS

Homemade. Mix a few simple ingredients to create your own detergent, fabric softener and dryer balls

It's convenient to pick up some laundry detergent at the store, but it's not difficult to create your own.

Soap and water are a time-tested duo against dirt and germs, and homemade cleaners can carry away grime without added chemicals or perfumes.

All it takes is a few simple ingredients to make laundry detergent — liquid or powder — and fabric softener. Then cut down on drying time and static cling by tumbling wet clothes with homemade dryer balls.

Faith Goguen Rodgers' switch to homemade cleaners began a few years ago after she used a commercial-brand cleaner on the bathtub.

"I'd cleaned it, and then I really didn't want to get in it. The bleach smell and feel — it didn't feel good," she says.

"Then when I had kids, it didn't make sense at all. It feels a lot safer knowing what's in my cleaners."

Rodgers is an herbalist with three young children who creates all the cleaners she uses in her Lafayette, Colo., home — even the toothpaste. While the health piece is "really big" for her, she's also motivated by cost.

"You save a ton of money making your own," she says, especially if you buy ingredients in bulk.

Homemade cleaners, particularly laundry soap, lack much odour, but a pretty scent can be added with essential oils.

"You and your family can get creative and come up with your own signature laundry scent," Rodgers writes on The Little Herbal blog.

Her favourite combinations of essential oils for laundry detergent include lemon and eucalyptus, orange and geranium, and grapefruit and lavender.

Sherri Griffin's foray into homemade laundry soap began when she got a rash and wanted something gentler than store-bought laundry detergent. She started researching alternatives, and recommends checking out what's in commercially made products on the Environmental Working Group's website.

An Orlando, Fla., nurse, Griffin started a blog, Overthrow Martha, to educate people about natural cleaners. Besides sharing a fabric softener recipe, she recommends simple-to-make dryer balls. Dryer balls decrease drying time, eliminate static cling and decrease wrinkles, she says. Essential oils can be added to them every few loads to softly scent clothes.

"I often hear that people can't give up the fresh smell they get from using dryer sheets, but what people don't understand is that smell comes from chemicals," says Griffin.

THE ASSOCIATED PRESS

Griffin's Wool Dryer Balls

Supplies:

- 100 per cent wool yarn
- Pantyhose
- Essential oil (optional)

Directions:

1. Wrap wool yarn around two or three fingers at least a dozen times, then make a bow by wrapping yarn tightly around middle of wrapped yarn. Bring the two sides together and continue wrapping tightly in different directions to make a small ball the size of a lemon. Repeat to make several balls.
2. Push the wool balls into one pantyhose leg, knotting the pantyhose between each ball so they don't touch. Run through the washer with a load of towels on hot cycle, then toss into dryer on hot.

Once dry, remove from pantyhose. Each ball should appear "felted" — the wool fibers tightly adhered. Snip any loose strands.

To use:

1. Scent balls with essential oil, if desired (it'll last a few loads).
2. Toss at least two balls into dryer with wet laundry.

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Fab visions for vacay finds

Everyone loves to bring back souvenirs from a holiday. Fridge magnets, coffee mugs, tea towels, carved masks and seashells are just a few of the popular items that keep vacation memories alive. Here's what to look for when you're away, and a few ideas to ensure your mementos are displayed to their best advantage once you get them home

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Hang a piece of decorative fabric or rug behind a bed to create an instant headboard. Kilim or flat weave carpets can be used as sturdy upholstery for poufs and ottomans. Rugs 3x4 feet or smaller look very special when framed and hung on the wall.

ISTOCK

CONTRIBUTED

Vintage tea towels make great artwork for the kitchen when steamed and pressed behind glass. They can also make unique pillows for a kitchen banquette.

Rules for travel collecting

1. Before purchasing an item to display in your home, ask yourself if it will fit nicely with your home's decor. A carved African mask would make a great display for bohemian-styled decor but could look out of place in a country-themed room.
2. Keep the entire collection together. Grouping has a bigger impact and creates a strong focal point. Double the impact by placing your display in front of a mirror.
3. Large collections can be divided and grouped by colour or theme to help make a stronger statement.
4. Narrow floating shelves in a hallway or a shelf installed just above a door entrance are great spots to display your collections without taking up valuable tabletop space.
5. Shadow-boxing small items gives them a museum quality, keeps collections tidy and creates unusual wall art.

ISTOCK

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A grouping of masks can create a statement when hung on the right wall. Keep the collection tightly spaced and match it to your decor through colour or theme. A great place to create a display is on a hallway end wall or in a powder room. Paint the display wall a dramatic colour like rust, teal or grey to create a backdrop that will show off your collection.

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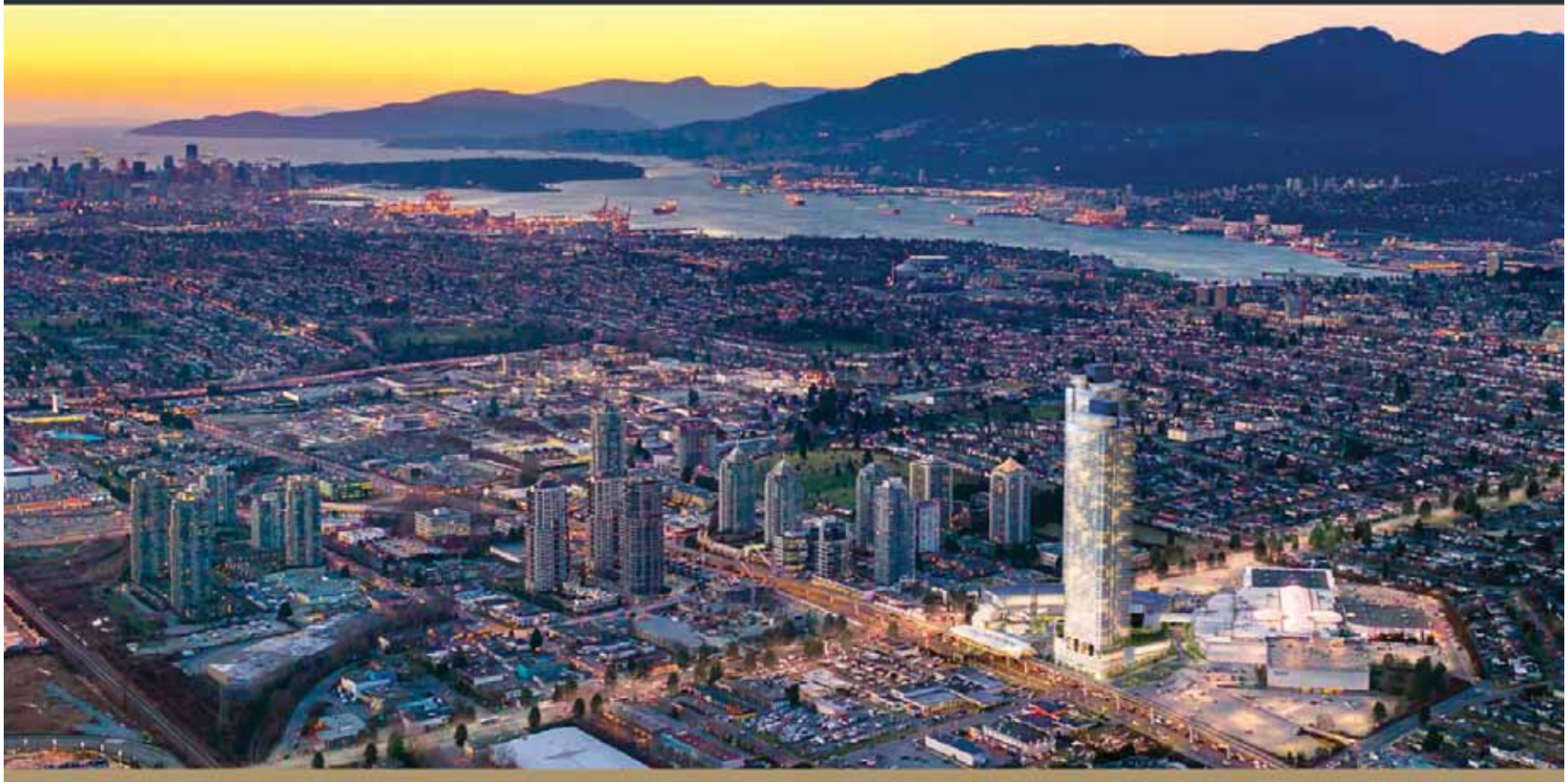

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RENNIE MARKETING SYSTEMS

Designer makes a better door

Innovation. Futuristic sliding door system makes leaving the room more dramatic

SEBASTIAN CLEEVES
Metro World News

Normal doors worked fine for a long time but nothing's perfect. Austrian designer Klemens Torggler has created a radical design for a new door based on rotating squares, and told us about his invention.

What was the inspiration for this design?
The idea of designing a trackless sliding door came up during the renovation of our apartment. The door we were looking for had to cover an aperture with an arched lintel.

The problem was that we were not able to find any track that suited this construction. Quite quickly I came up with the first concept of the rotating squares door: The one-rod system. The fact that this system was a never-designed-before invention, and here we are talking about a patent, encouraged me to start developing.

Variety of possibilities

"Variation is pretty unlimited since you can either built really heavy doors — for example, made out of glass or steel, or pretty light ones composed of paper or wood. What's more, the doors are variable in size as well, which means that I can construct ones three meters high, as well as 20-cm ones."

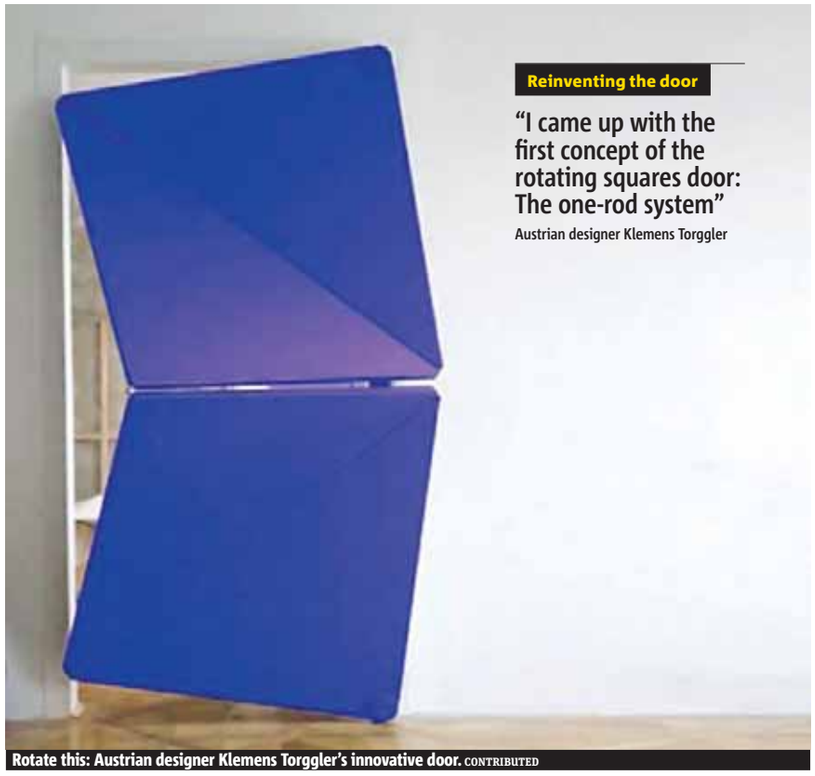
How challenging was it produce?
I see this door as an art object. Engineering techniques are a requirement, as art and engineering are not a contradiction.

A high-quality mechanism and art go hand-in-hand together. I improved the functionality when it comes to balance and design. Finally several solutions were found and I really enjoyed developing those doors.

Why and where might it be useful?
The idea of using it as a common door and that it can be seen as an art object pleased me. That means you can either install them in houses, apartments — for example, to separate spaces with large bays, or galleries, even on boats. Limitation is pretty nonexistent since those systems are all running smoothly and silent.

How much variation is possible?
Variation is pretty unlimited since you can either built really heavy doors — for example, made out of glass or steel, or pretty light ones composed of paper or wood. What's more, the doors are variable in size as well, which means that I can construct ones three meters high, as well as 20-cm ones.

Do you anticipate demand and adoption?
I have plenty of requests from all over the world and I am really looking forward to the new challenges I have to face.



Reinventing the door

"I came up with the first concept of the rotating squares door: The one-rod system"
Austrian designer Klemens Torggler

Rotate this: Austrian designer Klemens Torggler's innovative door. CONTRIBUTED

Pizza marries nutrition

Red Pepper and Goat Cheese Pizza. March is Nutrition Month but healthy doesn't mean sacrificing flavour

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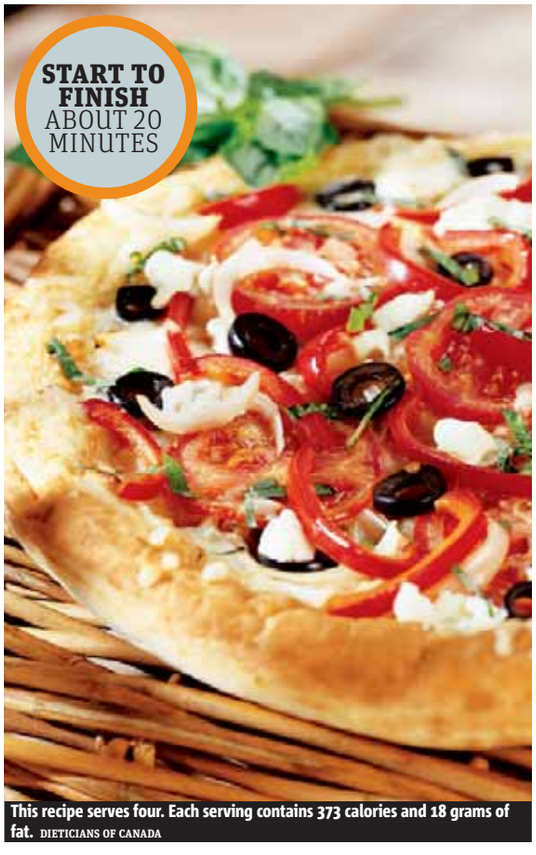

This recipe serves four. Each serving contains 373 calories and 18 grams of fat. DIETICIANS OF CANADA

Pizza is a fantastic meal to make on the fly, especially if you have a flatbread or ready-made pizza crust. It's got a big surface, with lots of room for nutrient-filled vegetables.

In this easy-to-make recipe, creamy goat cheese balances the bright and fresh flavours of red pepper, onion and tomato. Combined with mozzarella (a pizza classic), olives and basil, it's a healthy meal that's ready in about 20 minutes.

Feel free to experiment with whatever you might have in the fridge: feta is a welcome substitute for goat cheese; zucchini and mushrooms pair nicely too. Chicken with spinach, red peppers and cheese is another dietitian-approved combo that you can easily cook and enjoy.

Ingredients

- 1 12-inch round of flatbread or enough pizza dough or a 12-inch (30 cm) pizza crust
- 1 tbsp (15 ml) olive oil
- 1 cup (250 ml) shredded mozzarella cheese
- 1/4 cup (50 ml) cup soft crumbed goat cheese
- 1 large red bell pepper, sliced
- 1 large tomato, sliced
- 1/4 cup (50 ml) sliced black olives
- 1/4 cup (50 ml) sweet Vidalia onion, sliced (optional)
- 1 tsp (5 ml) dried basil (or 2 tbsp/25 ml chopped fresh basil)

Using a baking stone is a great way to give your pizza a crusty finish. Place the pizza stone in a cool oven, turn on the oven and preheat the stone for about 45 minutes before cooking the pizza.

1. Preheat oven to 400 F (200 C) if using flatbread or 450 F (230 C) if using pizza dough

2. Place flatbread on baking sheet. Alternatively, if using pizza dough, spread out dough on lightly greased pizza pan to make a 12-inch (30 cm) circle.

3. Brush olive oil on top of flatbread or pizza dough. Sprinkle with mozzarella cheese. Top with goat cheese, red pepper, tomato, black olives, onion, if using, and basil.

4. Bake pizza in bottom half of preheated oven for 10 to 15 minutes or until crust is golden and filling is bubbly.

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Healthy helpers

Dietitians of Canada offers up affordable kitchen must-have suggestions.

- **Steamer basket.** Steaming your veggies is a quick, easy, and healthy alternative to sautéing.
- **Oil mister.** The tool gives you precise control over how much oil is used.
- **Box grater.** While we love using our grater for cheese, it can also be used for all kinds of vegetables. Salads with grated zucchini, beets or carrots are a tasty side dish option.
- **Measuring spoon set.** If you thought these were only good for measuring liquid, think again. You can use them to sprinkle just the right amount of herbs or spices on your dish.

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Canucks take a pass on offers for Kesler

CAM TUCKER
cam.tucker@metronews.ca

The National Hockey League's hyped trade deadline has come and gone, and Ryan Kesler remains with the Vancouver Canucks.

Despite reports of a late push in the minutes leading up to the noon PT deadline by the Pittsburgh Penguins — and various degrees of interest from other clubs — to land the speedy second-line centre, a deal never took place, which keeps Kesler in Vancouver for the remainder of this season.

It had been reported that Pittsburgh centre Brandon Sutter, a prospect defenceman and a draft pick were believed to be part of a potential deal involving Kesler and the Canucks.

Canucks general manager Mike Gillis declined to speak specifically on offers from other teams.

"We entertained multiple offers in multiple situations today and none of them fit with our expectations or our long-term vision," said Gillis in a conference call Wednesday.

There were also reports out of Pittsburgh that the Penguins felt Canucks ownership wouldn't allow a Kesler deal to go through at the deadline.

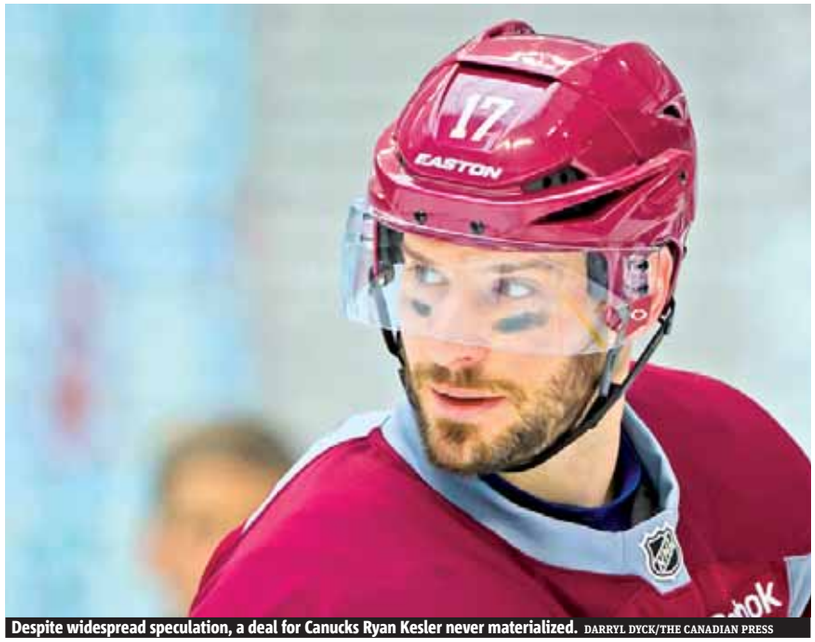
Gillis added to reporters covering the Canucks on their current two-game road trip: "Ownership is involved in all kinds of decisions that we make and when you're in situations like this at trade deadline and draft, they're going to be involved as you ... evaluate situations."

The Canucks, with one win in their last 11 games and falling further down the Western Conference standings in the stretch drive, made headlines by trading star goalie Roberto Luongo to the Florida Panthers on Tuesday.

It appeared the stage was set for another blockbuster involving Kesler, who is in his 10th season in Vancouver after originally being selected in the first round of the 2003 draft.

Facilitating the increased speculation was a report last week that Kesler had requested a trade out of Vancouver, although he and his agent, Kurt Overhardt, have both denied it.

"It was a tough couple of days but happy it's all behind me," Kesler said.



Despite widespread speculation, a deal for Canucks Ryan Kesler never materialized. DARRYL DYCK/THE CANADIAN PRESS

Let's make a deal

The Canucks did make a minor move, trading utility defenceman Ralphael Diaz to the New York Rangers for a fifth-round pick in the 2015 draft.

- **The Habs deal** The Canucks acquired Diaz on Feb. 3 from the Montreal Canadians in exchange for forward Dale Weise.
- **Limited engagement** Diaz, a pending unrestricted free agent this summer, appeared in only six games for the Canucks. In that stretch, he scored once and added an assist.

NHL

Skate is on other foot for Luongo

This time, Roberto Luongo got what Tim Thomas wanted.

Luongo was formally welcomed back by the Florida Panthers on Wednesday, the reunion ceremony coming shortly after the team made its second significant swap of goaltenders in as many days by sending Thomas — who grudgingly waived a no-trade clause — to the Dallas Stars.

With that, goalies who squared off when Thomas and Boston beat Luongo and Vancouver in the 2011 Stanley Cup finals were headed different ways. THE ASSOCIATED PRESS

NHL

A hard day's night for St. Louis

Martin St. Louis's day started way better than it finished.

The former Tampa Bay Lightning star got his wish when he was dealt to the New York Rangers on NHL trade deadline day. He then got into the lineup with his new team right away, but wasn't able to celebrate his first home win on Broadway.

Tyler Bozak scored on a penalty shot and then got the winning goal 1:51 into overtime to lift Toronto to a 3-2 victory over the Rangers on Wednesday night after the Maple Leafs squandered a two-goal lead in the third period.

"Tonight was a gutsy comeback," St. Louis said. "Unfortunately we didn't get the extra point, but I was happy to come here and just break the ice." THE ASSOCIATED PRESS

Whitecaps add Morales to midfield reboot

The Vancouver Whitecaps continues to add to their midfield before their 2014 Major League Soccer season opener against the New York Red Bulls on Saturday.

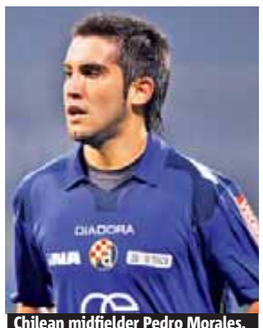
The Whitecaps announced Wednesday the acquisition of attacking midfielder Pedro Morales in a transfer from Spain's La Liga side Malaga CF. He becomes Vancouver's newest designated player.

Morales arrived in Vancouver on Tuesday night, and took part in Wednesday's training session at UBC. There is a chance he could play Saturday, but a decision has not been made yet.

In praise of Pedro

"He'll bring something to the table for us"

Vancouver Whitecaps coach Carl Robinson explains how newly acquired Chilean midfielder Pedro Morales will improve this year's squad



Chilean midfielder Pedro Morales. GETTY IMAGES

"I'll sit down with Pedro and see how he is. He's been on planes, trains and automobiles after the last four days," head coach Carl Robinson told reporters at UBC.

Robinson has made no secret about his desire to land a prized attacking, creative midfielder to bolster the team's attack. Last year, the Vancouver midfielders combined for just eight goals. Add to that the fact the club lost Camilo Sanvezzo — and his 22 goals — in the offseason.

"He's got great quality," said Robinson, adding he did not think at first the club would land Morales.

Last week, the Whitecaps picked up defensive midfielder and another designated player Matias Laba in a trade with Toronto FC for future considerations.

The Whitecaps made another move on Wednesday, dealing rarely used midfielder Matt Watson to the Chicago Fire for an international spot. The Whitecaps have 12 international spots for the upcoming season. CAM TUCKER/METRO

Horoscopes

♈ Aries
March 21 - April 20
Family matters will take up most of your time today but don't think that means you cannot have fun. Loved ones are hoping you will suggest a trip you can all enjoy together.

♉ Taurus
April 21 - May 21
You know what you want and you know how and where to get it, so all you have to do now is reach out your hand and take it. Sounds easy, doesn't it? Well that's because it is. Make things happen!

♊ Gemini
May 22 - June 21
Good news about your finances is on its way and by the end of the week you will be wondering why and how you allowed yourself to get so worked up about a simple thing like money. Treat yourself — you deserve it.

♋ Cancer
June 22 - July 23
You have been a bit to cautious of late but now that Jupiter is moving in your favour again you will find the confidence to take a few risks. If you have not done it already, you should be planning your next adventure.

♌ Leo
July 24 - Aug. 23
You will no doubt wonder what the catch is when someone in a position of authority offers you something you have long desired, but there is no need to be suspicious.

♍ Virgo
Aug. 24 - Sept. 23
You want to get things done, but because not everyone is as motivated as you it may take effort to get others to help you. No, you can't go it alone. There is too much to do.

♎ Libra
Sept. 24 - Oct. 23
You will win over even the most reluctant of people today. Create a vision of what it is you intend to achieve and let them see that they can share in the spoils, but they have got to back you — now.

♏ Scorpio
Oct. 24 - Nov. 22
Don't give in today, especially with co-workers who will take advantage of you if you don't stand up for yourself. You may want to help but you should not be doing everything.

♐ Sagittarius
Nov. 23 - Dec. 21
Some people seem to be under the impression that they can snap their fingers and you will come running. But with Jupiter, your ruler, on great form today they are in for a rude awakening.

♑ Capricorn
Dec. 22 - Jan. 20
You've got a nagging feeling that you could have done more to make a success of a relationship. Maybe you're right but that was then and this is now. Stop looking back.

♒ Aquarius
Jan. 21 - Feb. 19
Jupiter moves in your favour today, making it easy to break free of habits that are holding you back. Remember: the best way to get rid of a habit is to replace it with a better one that challenges you.

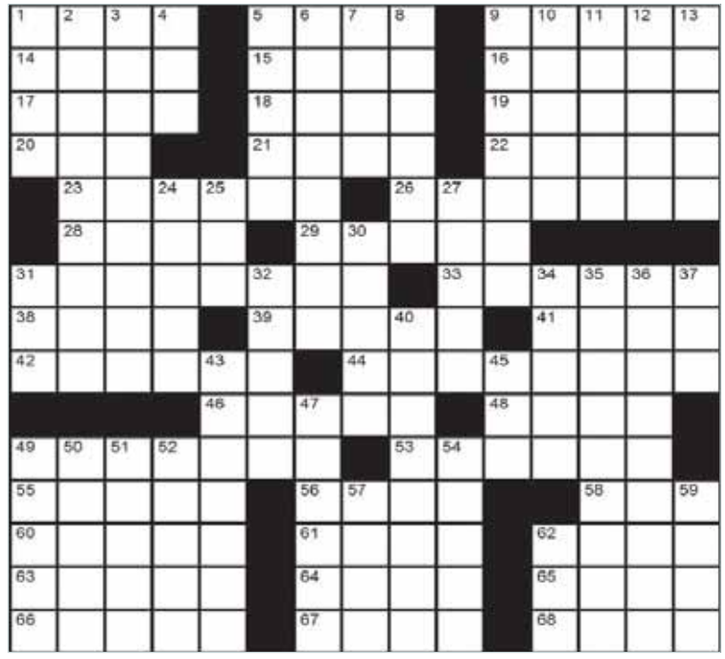
♓ Pisces
Feb. 20 - March 20
You will get a burst of energy today, enabling you to finish something you started a long time ago. Some people believe that Pisceans are lazy. It's time to prove them wrong.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

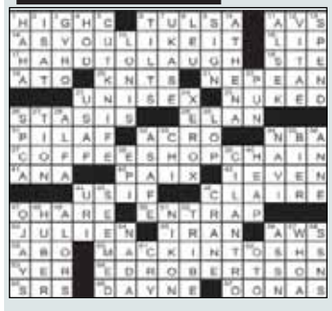
BY KELLY ANN BUCHANAN



Across
1. High hairstyle
5. Nursemaid
9. Zestfulness
14. Earth's crust's upper layer
15. Actor's dialogue
16. Staked, in poker
17. Stare
18. Facial result
19. Window's sun blocker
20. Alphabetical trio
21. Half of a Basque court game
22. Mouthwash-using step
23. Bellowing beast
26. Social site
28. Actress, Candace Cameron __
29. Music's Mr. Shaw
31. A car in Britney Spears' "Work B**ch!"
33. TV type
38. Certain cuckoos
39. "Don't __ __ what you know is true." - INXS
41. Tibia's locale
42. __ comedy
44. Northeastern Ontario community, __ Lake
46. Daniel Day-__
48. Libertine
49. Historic legal building in Toronto, __ Hall
53. Lays eggs, salmon-style
55. Wallet items
56. Certain canal
58. Calder Cup sports org.
60. Marvin Gaye duet-tist Ms. Terrell
61. Orchestra instrument
62. Ms. Gardner's
63. "Sounds like _ __!"
64. Fails to be
65. Delicate
66. __ to try (Eager)
67. More or __
68. Aardvark snacks

Down
1. Humour book: _._. __ Eh?: How Canada Secretly Controls the United States and Why That's OK
2. Loonies, dimes, etc.
3. Nova Scotia university
4. Rosemary Clooney's "This __ House"
5. Pond stuff
6. National Basketball League of Canada team, Saint John __ __
7. Buffalo sort
8. Princess Diana's (2012) character, The Once-__
27. Windshield __
30. __-Tikki-Tavi
31. Pas' wives
32. Oohed and __
34. "It must be _ __ news day."
35. Saskatchewan's southwest town
36. Prospecting passageway: 2 wds.
37. Also
40. Tom Cruise's 'Impossible' undertakings
43. Leonard Cohen's "__ Time"
45. Isthmus of __ (Malay Peninsula part)
47. Beetle sort
49. Grouping that's the sum of VII + I
50. Like dish-washing water
51. Manitoba town with Icelandic heritage
52. "Come __, __..." (Hurry ...or give it a break already)
54. Hides
57. The Parachute Club hit: "__ Up"
59. Itemized things, for short
62. Noted botanist Mr. Gray

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	5			9	4		7	
6								
				6	8		2	3
8		2		4		1		
			6		5			
		6		7		2		9
7	1		9	8				
								2
	8		1	3			5	

Yesterday's Sudoku

5	3	4	2	9	1	7	6	8
7	9	1	8	6	5	2	4	3
8	2	6	3	4	7	1	5	9
4	8	9	7	2	6	5	3	1
2	7	5	1	3	9	6	8	4
1	6	3	4	5	8	9	2	7
6	5	8	9	7	3	4	1	2
3	4	7	6	1	2	8	9	5
9	1	2	5	8	4	3	7	6

Today
10°/7°
Rain
90%

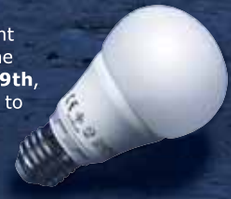
Friday
9°/7°
Showers
80%

Know what the weather will be 14 days from now.
Check the 14 day trend.
TWN incorporates MSC data

The power of light is not being scared of the dark.

The IKEA Brighter Lives for Refugees campaign helps bring light to UNHCR refugee camps, making them better and safer for the families who call them home. From **February 3rd** to **March 29th**, buy any LED light bulb and the IKEA Foundation will donate $1 to brighten the lives of those in need.

Read more at IKEA.ca/brighterlives



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